

FACT SHEET:

ANDROPAUSE AND LOW TESTOSTERONE SYNDROME



What Is It?

Andropause is the **age-related decline of testosterone levels in men**, typically occurring after the age of 40. For some, this hormonal change can be more rapid and referred to as Low Testosterone Syndrome and lead to physical, mental, and emotional health effects. Studies show that **around 40% of men over 45 have low testosterone**.



Possible Symptoms

- ✦ Low energy and fatigue
- ✦ Reduced muscle mass and strength
- ✦ Increased body fat
- ✦ Decreased libido and erectile dysfunction
- ✦ Mood swings, depression, or irritability
- ✦ Poor concentration and memory
- ✦ Sleep disturbances



Diagnosis

- ✦ **Blood test** to measure testosterone levels (within 3 hours of waking)
- ✦ **Physical exam** and **symptom assessment**
- ✦ **Additional tests** to check for underlying conditions



Impact on Work & Daily Life

Low energy, brain fog, and mood swings can **reduce productivity and motivation**. Erectile dysfunction, low libido, and poor mental health can also impact confidence and relationships.



Triggers & Risk Factors

- ✦ **Aging**
- ✦ **Obesity and poor diet**
- ✦ **Chronic stress**
- ✦ **Lack of physical activity**
- ✦ **Medical conditions** (diabetes, metabolic syndrome)
- ✦ **Use of certain medications** (opioids, steroids)

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Treatment & Management

✦ Lifestyle Changes

- Regular strength training and exercise
- Balanced diet rich in protein, healthy fats, and micronutrients
- Stress management techniques (meditation, adequate sleep)

✦ Medical Interventions

- Testosterone replacement therapy (TRT) via injections, gels, or patches



Support in the Workplace

- ✦ Encouraging open conversations about men's health
- ✦ Providing access to workplace wellness programs
- ✦ Offering flexible work arrangements if needed

RESOURCES

✦ Websites

- NHS
www.nhs.uk/conditions/testosterone-deficiency
- British Society for Sexual Medicine
www.bssm.org.uk
- Men's Health Forum UK
www.menshealthforum.org.uk
- The Testosterone Deficiency Centre
www.tdclinic.com
- American Urological Association
www.urologyhealth.org

✦ Apps

- **Testo Tracker**
Hormone tracking
- **MyFitnessPal**
Hormonal health insights
- **Balance for Men**
Hormone and lifestyle tracking

✦ Books

- **The Male Menopause**
by Jed Diamond
- **Testosterone: The Hormone That Dominates and Divides Us**
by Joe Herbert
- **Menopause: The Silent Crisis**
by Dr. Jeff Foster
- **Testosterone: A Man's Guide**
by Nelson Vergel
- **The Miracle of Bio-Identical Hormones**
by Dr. Michael Platt

✦ Online Support Groups & Forums

- **The Andropause Society UK**
- **Men's Health UK Facebook Groups**
- **Reddit r/menshealth**